



# The Mandometer<sup>®</sup> Clinics

treatment for eating disorders



The Mandometer® Clinics have treated eating disorders successfully for 15 years in four countries, with 70% of our patients having successful long-term outcomes. These data compare quite favorably with the 10% successful long-term outcomes for anorexics and bulimics who were treated with other therapeutic approaches.

### Dr. Cecilia Bergh, founder of the Mandometer® Clinics, describes her first patient

In the late evening in October, 1993, Anna appeared at the emergency unit at the Karolinska University Hospital in Stockholm, Sweden. She was 17 years old, her height was 5.5 feet and her weight was 64 lbs. Her diagnosis was anorexia. The physician on duty transferred her to the psychiatric department, since at that time eating disorders were treated in psychiatric wards. However, Anna's acute medical condition was too serious to allow the psychiatrist to assess her for treatment. The physician on duty considered sending her to another hospital, but instead, he asked Anna and her family to wait.

He knew that our research group was studying eating behavior and satiety in the same building and he went there to ask if I could take care of the patient. I answered "yes" and went with him to the emergency room to meet my first patient.

For 9 months Anna was always on my mind, because it was difficult to understand how something as simple as eating could go so wrong in a young woman who had been a highly intelligent, goal-oriented dancer. Initially, Anna ate only 3-4 teaspoons of food – per day! She was gradually trained to increase her meal size and eating speed by using a prototype of a medical device that had emerged from our research, which we eventually called Mandometer®. Mando means "I eat" in Latin and the device measures the weight of the food that is eaten over the course of a meal, showing the patient's rate of eating on a monitor near the line showing the normal rate of eating. She also indicated her feelings of satiety as she ate and was able to compare that to the feelings of normal individuals who were eating a similar meal.

She was afraid of enjoying her food too much and thought that if she started eating more than a few spoonfuls of food,



that she would not be able to stop eating. But Anna felt safe using Mandometer®, because she had total control over her food intake.

On the other hand, her physical activity was out of control! She made the hospital staff open the fire doors in the corridors of the hospital so that she could run at night. My collaborator, Professor Per Södersten, recommended that I "warm her" because he knew that starving individuals always feel very cold and they also increase their physical activity to warm themselves. If we could provide her with external heat, it would remove her motivation to exercise. Soon, I arranged for her to have a warm room (100–112° F), and Anna was willing to rest there for an hour after each main meal. It was also very warm for me as I sat on her bed talking her to sleep! I kept telling her that food, rest and warmth were her medicines and when she woke up, she was in a different, calm state.



I saw Anna every day for the first three months of her inpatient stay, motivating her to eat more and to slow down her activity, giving her specific goals to fulfill, and guaranteeing that she would never become fat. I also rewarded her with small presents when she reached her goals. As she progressed in her eating behavior, the anxiety and depression declined and there were moments when she actually started to talk about being healthy again! We then had lengthy discussions about her expectations in life and together we built her self-esteem. Anna went into remission after 9 months of treatment and she is still healthy 15 years later. Today, Anna is a respected attorney in the European Union with high self-esteem and great outlook on life.

### How can I have a similar experience?

After an initial medical evaluation, your eating behavior will be measured and the appropriate training patterns for eating speed, the amount of food in each meal, and the development of satiety are then installed in your personal Mandometer® after consultation with you and your dietitian. Your personal case manager and you develop your daily schedule for meals, exercise, social activities, rest and sleep.

Progress in treatment is measured every six weeks at which time, new sets of eating goals are developed with you. Initially, you come to the clinic every day or every other day to start developing a new model for your eating patterns and physical activity. There are fewer and fewer appointments as you start to recover and it takes about 65 clinic visits to reach remission for a moderately ill patient.

### What about my other issues?

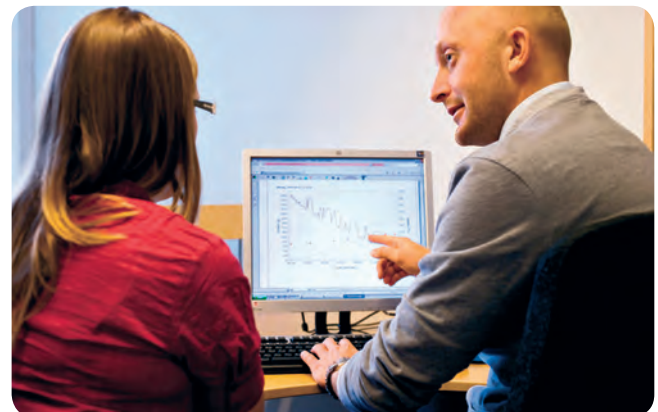
In the same way that you develop a low pulse when you are starving, or develop a low level of potassium when you re-

peatedly vomit after meals, you develop anxiety, obsessions and depression when you have abnormal eating behaviors. These symptoms are caused by the distorted eating behavior and will disappear when your eating and body weight have normalized. There are currently no psychoactive drugs that are effective in treating the psychological problems of eating disorder patients.

### Remission

More than 500 patients worldwide have been treated to our high standard of remission:

- Normal eating behavior
- Normal body weight
- Normal laboratory tests
- Normal psychiatric tests
- Back to school or work and leisure activities
- Food, dieting and weight are no longer regarded as problems
- No binge-eating or self-induced vomiting



## Contact us

The Mandometer® Clinics use relaxing, comfortable Scandinavian designs that feature simple organic shapes in birch wood and natural colors that can inspire you to relax and change your life with us.

### AB Mando

Box 4006, S-141 04 Huddinge, SWEDEN  
Visiting address: Hälsövägen 7  
Phone: +46 (0)8 556 406 00  
Fax: +46 (0)8 556 406 10  
info@mando.se

### Mandometer® Clinic Alingsås

Kungsgatan 5  
S-441 30 Alingsås, SWEDEN  
Phone: +46 (0)322 28 58 50  
Fax: +46 (0)322 28 58 59  
info@mando.se

### Mandometer® Clinic Novum

Hälsövägen 7  
S-141 04 Huddinge, SWEDEN  
Phone: +46 (0)8 556 406 00  
Fax: +46 (0)8 556 406 10  
info@mando.se

### Mandometer® Clinic Brighton

412 Bay Street  
Brighton, Victoria 3186, AUSTRALIA  
Phone: +61 (0)3 9596 57 18  
Fax: +61 (0)3 9596 57 28  
info@mandometer.com.au

### Mandometer® Clinic Danderyd's Hospital

House 50, 1<sup>st</sup> floor, Danderyd's Hospital  
S-182 88 Stockholm, SWEDEN  
Phone: +46 (0)8 12 20 85 70  
Fax: +46 (0)8 12 20 85 79  
info@mando.se

### Mando Group NY, Inc.

261 East 78th Street  
New York, NY 10075, USA  
Phone: +1 646-386-7745  
Fax: +1 646-386-7890  
info@mandonyc.com

[www.mandometer.com](http://www.mandometer.com)

[www.mandonyc.com](http://www.mandonyc.com)